



20/01/2018

## Flanders Swimming Cup - Antwerpen

**GOLD Swimming Team**  
Live slow, swim fast!



**BUYSENS Dario** GG **GOLD /10352/01**

Wed 01	200m vrije slag				
Wed 03	100m rugslag	01:03.90	-0.2	27e	9 Rp
	50m	00:31.09	31.09	100m	01:03.90 32.81
Wed 13	50m vrije slag	00:26.40	-0.4	75e	8 Rp
Wed 19	50m rugslag	00:30.55	0.06	42e	7 Rp
Wed 25	100m vrije slag	00:57.68	-0.3	92e	9 Rp
	50m	00:27.29	27.29	100m	00:57.68 30.39
Wed 29	200m rugslag	02:17.73	-1.2	26e	10 Rp
	50m	00:32.61	32.61	100m	01:07.72 35.11
	150m	01:42.78	35.06	200m	02:17.73 34.95
Wed 33	1500m vrije slag				

**CALLEWAERT Matisse** GG **GOLD /10353/02**

Wed 07	200m wisselslag	FF			
Wed 13	50m vrije slag	FF			
Wed 15	50m schoolslag				
Wed 23	100m schoolslag	FF			
Wed 25	100m vrije slag				

**CASTEUR Margaux** GG **GOLD /21012/03**

Wed 06	100m schoolslag	01:20.04	-0.9	27e	9 Rp
	50m	00:36.84	36.84	100m	01:20.04 43.2

**DELBEQUE Tore** GG **GOLD /11015/00**

Wed 05	200m schoolslag	02:36.77	-1.1	25e	7 Rp
	50m	00:35.17	35.17	100m	01:15.98 40.81
	150m	01:57.92	41.94	200m	02:36.77 38.85
Wed 15	50m schoolslag	00:31.29	-0.2	21e	11 Rp
Wed 23	100m schoolslag	01:10.27	-0.4	19e	9 Rp
	50m	00:33.18	33.18	100m	01:10.27 37.09

**HERMAN Lara** GG **GOLD /20067/00**

Wed 02	50m rugslag	00:32.23	0.72	33e	10 Rp
Wed 08	100m vrije slag				
Wed 12	200m rugslag	02:31.89	5.12	32e	7 Rp
	50m	00:34.91	34.91	100m	01:13.59 38.68
	150m	01:53.41	39.82	200m	02:31.89 38.48
Wed 20	100m rugslag	01:09.50	1.55	31e	9 Rp
	50m	00:33.41	33.41	100m	01:09.50 36.09

**ONGENAE Dries** GG **GOLD /10350/00**

Wed 01	200m vrije slag	01:58.72	0.06	30e	12 Rp
	50m	00:26.91	26.91	100m	00:57.00 30.09
	150m	01:27.74	30.74	200m	01:58.72 30.98
Wed 07	200m wisselslag				
Wed 09	400m vrije slag	04:15.04	1.31	22e	11 Rp
	50m	00:28.35	28.35	100m	01:00.30 31.95
	150m	01:32.82	32.52	200m	02:05.72 32.9
	250m	02:38.00	32.28	300m	03:11.16 33.16
	350m	03:43.93	32.77	400m	04:15.04 31.11
Wed 13	50m vrije slag	00:25.85	0.51	58e	9 Rp
Wed 25	100m vrije slag	00:55.13	-0.05	57e	11 Rp
	50m	00:26.30	26.3	100m	00:55.13 28.83

**VANDECASTEELE Matis** GG **GOLD /10365/03**

Wed 13	50m vrije slag	00:25.82	-0.4	57e	12 Rp
Wed 23	100m schoolslag	01:12.29	0.79	28e	11 Rp
	50m	00:33.96	33.96	100m	01:12.29 38.33
Wed 25	100m vrije slag				

**VANLUCHENE Emmanuel** GG **GOLD /10011/92**

Wed 07	200m wisselslag	02:08.47		5e	13 Rp
	50m	00:25.95	25.95	100m	00:58.39 32.44
	150m	01:36.66	38.27	200m	02:08.47 31.81
Wed 07	200m wisselslag	02:04.62		2e	15 Rp
	50m	00:25.72	25.72	100m	00:56.50 30.78
	150m	01:34.58	38.08	200m	02:04.62 30.04
Wed 13	50m vrije slag	00:23.21	0.63	12e	15 Rp
Wed 13	50m vrije slag	00:22.88	0.3	10e	16 Rp
Wed 25	100m vrije slag	00:49.60	-0.2	1e	16 Rp
	50m	00:23.74	23.74	100m	00:49.60 25.86
Wed 25	100m vrije slag	00:49.49	-0.3	2e	16 Rp
	50m	00:23.52	23.52	100m	00:49.49 25.97